



*AMA Winter Throws
Championships 2022*

AUSTRALIAN MASTERS ATHLETICS 2022 WINTER THROWING CHAMPIONSHIPS

HELD IN BRISBANE, QUEENSLAND 1 TO 3 OCTOBER - A GREAT SUCCESS!

The Year 2022 was Brisbane's turn to shine in the AMA CHAMPIONSHIPS calendar, with the TRACK & FIELD CHAMPIONSHIPS (April 1 to 4) and the WINTER THROWING CHAMPIONSHIPS (October 1 to 3) both hosted at the QSAC Facility at Nathan on Brisbane's Southside.

The Track and Field Championships had last been held in Melbourne in 2019 before the COVID epidemic cancelled the 2020 and 2021 competitions. The impact had also disrupted the Winter Throws so whilst Queensland Masters had been keen to host this competition, there was still some trepidation on the part of the LOC as to the level of support that would be achieved with both championships in the one year.

A committed LOC was formed with Lajos Joni, as Convenor, including a number of throwers and experienced masters event organisers, who together with the strong support of QMA and the QSAC venue administration, achieved a successful competition.

Planning and Preparations

However it should be noted the planning was not without its problems. The initial selected event venues were thrown into chaos when the construction of a specialised Throwing Centre began and effectively wiped out three throwing circles. Further, the use of the infield in the main competition (QSAC) arena was restricted to discus to maintain the surface quality for football training purposes. Two throw circles outside the QSAC infield were permitted for use. To offset the construction impacts the facility management relocated two throwing circles to an outside area of the SAF facility for the heavy throws and permitted expanded use of the SAF infield area.

In the final preparations the LOC had a near full complement of officials and volunteers. A clash with the long weekend and the last days of the Queensland School holidays had created some officials vacancies but the athletes filled in the gaps and gave a hand when required. We thank them very much for this support, and also extend our thanks to all the other workers who contributed to a generally relaxed and definitely enjoyable championship. The other factor that we could not control was the weather - unusually cold for Brisbane and for the first day and a half showers and wind. However we finished in sunshine on the Sunday afternoon and a beautiful sunny, warm Monday to complete the activities. We were fortunate that weather shelters had been located at the throwing areas to help keep athletes a little dry when it rained.

Competition

Just under 60 entries were received and when the action started it was clear the athletes were committed throwers and enthusiastic competitors. It was particularly pleasing to see a strong group of younger throwers in action and of course watching the 'ongoing' battles between rival athletes that have developed over many years of competition.

Some initiatives by the LOC and QMA saw all athletes receive their registration and program booklets in an AMA Championship sports bag whilst every participant was also provided with a trophy shield that set out their personal details and listed each of the events on offer with space provided to allow the athletes to add their individual results if they chose to do so. An event throwers t-shirt was also available for purchase. Rather than medals the first three in each event were awarded a coloured ribbon to signify their placing. Feedback from the athletes indicated that this was unexpected but much appreciated.

A dinner for those participating was arranged on the Sunday evening with approximately a third of the athletes attending. Whilst it was a pleasant get together at a local Chinese Restaurant, the LOC will be considering how to involve more of the participants in a get together in future years.

Conclusion

In closing this summary I must acknowledge the excellent sportsmanship of the athletes, the hard work and commitment of the officials and volunteers - not just at the throwing area but including those who looked after the administration, registrations, results and 'back of office' necessities.

The results that follow demonstrate Australia has some marvellous athletes, and a group of people who are a joy to be with when they 'do their thing' at this excellent Championship.

Stan Perkins
Competition Director
AMA Winter Throwing Championships LOC.

2022 AMA WINTER THROWS AND AUSTRALIAN RECORDS

New Record Previous Record

THROWS PENTATHLON

M30	Shane Carstairs	VMA	2974 points	(2597)	Winter Throws Record
M40	Darrin Norwood	QMA	3414 points	(3378)	Winter Throws Record
M85	Tom Hancock	VMA	4080 points	(3375)	Winter Throws Record
M85	Tom Hancock	VMA	4080 points	(3805)	Australian Record

Hammer Throw - Throws Pentathlon

M30	Shane Carstairs	VMA	39.87m	(36.69)	Winter Throws Record
M85	Tom Hancock	VMA	30.57m	(23.54)	Winter Throws Record

Shot Put - Throws Pentathlon

M30	Shane Carstairs	VMA	15.31m	(12.47)	Winter Throws Record
M85	Tom Hancock	VMA	8.94m	(8.04)	Winter Throws Record

Javelin Throw - Throws Pentathlon

M30	Ash Almond	VMA	48.74m	(42.57)	Winter Throws Record
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Weight Throw - Throws Pentathlon

M85	Tom Hancock	VMA	13.55m	(11.34)	Winter Throws Record
M85	Tom Hancock	VMA	13.55m	(13.36)	Australian Record

100LB WEIGHT

W35	Miranda Ramsden	QMA	2.36m	(2.34)	Winter Throws Record
W35	Miranda Ramsden	QMA	2.36m	(2.36)	eq Australian Record

WEIGHT FOR DISTANCE

W50	Althea Mackie	QMA	15.39m	(9.94)	Winter Throws Record
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DISCUS

M85	Tom Hancock	VMA	24.62m	(23.54)	Winter Throws Record
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JAVELIN

M30	Ash Almond	VMA	53.07m	(42.57)	Winter Throws Record
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SHOT PUT

M30	Shane Carstairs	VMA	14.16m	(12.47)	Winter Throws Record
M85	Tom Hancock	VMA	8.57m	(8.04)	Winter Throws Record

WEIGHT

M60	Mark Cumming	QMA	19.38m	(18.49)	Winter Throws Record
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HEAVY WEIGHT THROWS PENTATHLON

M60	Mark Cumming	QMA	4598 points	(4469)	Winter Throws Record
M85	Tom Hancock	VMA	3318 points	(2195)	Winter Throws Record
M85	Tom Hancock	VMA	3318 points	(2195)	Australian Record

SUPER WEIGHT

W30	Bianca Carr	QMA	6.65m	(Nil)	Winter Throws Record
W40	Megan Champion	VMA	6.57m	(Nil)	Winter Throws Record
W45	Nicole Johansen	VMA	6.71m	(6.57)	Winter Throws Record
W50	Althea Mackie	QMA	9.82m	(Nil)	Winter Throws Record
W70	Rosemary Ko-pittke	QMA	3.41m	(Nil)	Winter Throws Record
M30	Shane Carstairs	VMA	6.73m	(Nil)	Winter Throws Record
M45	Simon Van Baalen	VMA	8.44m	(6.90)	Winter Throws Record
M55	Tim Lowrey	QMA	6.55m	(6.45)	Winter Throws Record
M70	David Haggith	QMA	5.89m	(5.55)	Winter Throws Record
M80	Guy Quarterman	QMA	7.49m	(6.40)	Winter Throws Record
M85	Tom Hancock	VMA	5.56m	(Nil)	Winter Throws Record
M85	Tom Hancock	VMA	5.56m	(Nil)	Australian Record

THE PARTICIPANTS

30-34 Ash Almond, Shane Carstairs, Bianca Carr

35-39 Dash Newington, Miranda Ramsden, Sara Wessling

40-44 Darrin Norwood, Megan Champion

45-49 Morgan Clifford, Rene Doel, Simon Van Baalen, Janet Webber, Nicole Johansen, Philippa McCarron

50-54 Adrian Keen, David Allan, EJ Davie, Michael Mullarvey, Richard Harris, Althea Mackie, Sarita Jatyan

55-59 Matthew Lovell, Tim Lowrey, Jayne Hardy, Lesley Duncan

60-64 John Milne, Mark Cumming, Peter Murray, Phil Lock, Robert Clark, Karel McClintock, Maria Drury, Narelle Messerle, Pauline Cox, Sharon Gibbins

65-69 Bruce O'Connor, Lajos Joni, Denise Quinn, Jill Taylor

70-74 David Haggith, Mills Lafferty, Paul Hook, Geoff Tyler, Adriana van Bockel, Doreen Conroy, Rosemary Kopittke

75-79 Brian Davies, Llewellyn Jenkins, John Appleton, Ray Green, Lorraine Birtwell,

80-84 Guy Quarterman, Noel Donohoe

85-89 Tom Hancock

THE VOLUNTEERS

Eling Yang, Jesse Whyte, Tamara Paterson, Toni Ferguson, Bruce Bodsworth, Alice Wessling, Craig Elliott, Michael Hughes, Rachael Paternoster, Heather Doherty, Don Quinn, Stan Perkins, Wilma Perkins, Lajos Joni

Mark Cumming, Rob Lasker, Irene Davey, Jessica Veurmann, Noela Brameld, Dieter Lacko, Kinley Wangchuk, Allan Cameron, Sara Wessling, Janet Webber, Dick Dunstan, Jim Quabba, Rachael Archer, Bruce Trenerry, Ross Brims, Jean Hampson, Miwa Kolb, Melissa Thomas, Julie Brims, John Childs, Michael Jackson, Erika Woodward, John Musters, Marj Burley, Mills Lafferty, Joe Begley, Theresa McShane

THE LOCAL ORGANISING COMMITTEE

Lajos Joni, Guy Quarterman, Wilma Perkins, Lorraine Birtwell, Don Quinn, Stan Perkins

The Photographer

Miwa Kolb

The Results/Photos Format

Kevin Ryall

The Records/Statistician Officer

Heather Doherty

The Throwers Handbook/ Results Booklet

Don Quinn



Australian Masters Athletics

Throws Pentathlon

W35

1 Ramsden, Miranda	1970
2 Newington, Dash	1882

W40

1 Champion, Megan	2822
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W45

1 Johansen, Nicole	3207
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W50

1 Mackie, Althea	3356
2 Manson, Andrea	1810

W55

1 Hardy, Jayne	3684
2 Duncan, Lesley	2674

W60

1 Cox, Pauline	3041
2 Gibbins, Sharon	2909
3 Messerle, Narelle	2824

W65

1 Taylor, Jill	3714
2 Quinn, Denise	2484

W70

1 van Bockel, Adriana	2325
2 Kopitke, Rosmary	1865

W75

1 Birtwell, Lorraine	2530
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M55

1 Lovell, Matthew	2903
2 Lowrey, Tim	2304

M60

1 Murray, Peter	2958
2 Clark, Robert	2837
3 Milne, John	2485
4 Lock, Phil	1440

Editorial Contact

Would you like to be part of the *Athletic Challenge* family. Have something you want to contribute?

Contact Kevin Ryall
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PO Box 849, Nerang, Qld 4211

M65

1 O'Connor, Bruce	2022
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M70

1 Hook, Paul	2520
2 Haggith, David	2400

M75

1 Green, Ray	2729
2 Davies, Brian	2528

M80

1 Quarterman, Guy	3585
2 Donohoe, Noel	1798

M85

1 Hancock, Thomas	4080
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Heavy Weight Pentathlon

W30-49

1 Bianca Carr	2510
2 Miranda Ramsden	2214
1 Dash Newington	2385
1 Megan Champion	3158
1 Nicole Johansen	3456

W50

1 Althea Mackie	4058
2 Jayne Hardy	3837

W60

1 Pauline Cox	3614
2 Narelle Messerle	2667
3 Sharon Gibbins	2117

W65

1 Jill Taylor	4082
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W70

1 Adreana van Bockel	2280
2 Rosemary Koittke	1484

W75

Lorraine Birtwell	2496
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56Lb

W35

1 Ramsden, Miranda	4.13m
2 Newington, Dash	2.89m

W45

1 Johansen, Nicole	4.52m
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W50

1 Mackie, Althea	4.33m
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W55

1 Hardy, Jayne	3.53m
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W60

1 Narelle Messerle	2.63m
3 Drury Maria	2.60m

W65

Jill Taylor	2.94m
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W70

1 Rosemary Koittke	1.35m
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W75

Lorraine Birtwell	2496
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M30

1 Carstairs, Shane	6.64m
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M40

1 Norwood, Darrin	8.34m
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M45

1 Van Baalen, Simon	7.62m
2 Clifford, Morgan	6.39m
3 Doel, Rene	6.17m

M50

1 Keen, Adrian	6.57m
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2 Harris, Richard	6.25m
3 Mullarvey, Michale	5.40m

M55

1 Lowrey, Tim	5.60m
2 Lovell, Matthew	4.27m

M60

1 Mark Cumming.	5.52m
2 Lock, Phil	2.38m

M65

1 Lajos Joni	5.65m
2 O'Connor, Bruce	3.30m

M70

1 Haggith, David	3.32m
2 Lafferty Mills	2.53m

M75
1 Green, Ray 3.55m

M80
1 Donohoe Noel 2.35m

100lb Weight Throw

W35
1 Ramsden, Miranda 2.36m
2 Newington, Dash 1.78m



W45
1 Johansen, Nicole 2.01m

W50
1 Mackie, Althea 2.04m

W55
1 Hardy, Jayne 1.93m

W60
1 Narelle Messerle 1.38m
3 Drury Maria 1.36m

W65
Jill Taylor 1.59m

W70
1 Rosemary Koittke 0.64m

M30
1 Carstairs, Shane 4.03m

M40
1 Norwood, Darrin 4.52m

M45
1 Van Baalen, Simon 4.07m
2 Clifford, Morgan 3.37m
3 Doel, Rene 3.13m



M50
1 Keen, Adrian 3.16m
2 Mullarvey, Michael 2.91m
3 Harris, Richard 2.72m

M55
1 Lowrey, Tim 3.08m
2 Lovell, Matthew 1.88m

M60
1 Lock, Phil 1.65m

M65
1 Lajos Joni 2.40m
2 O'Connor, Bruce 1.98m

M70
1 Haggith, David 2.00m
2 Lafferty Mills 1.49m

M75
1 Green, Ray 2.28m

M80
1 Donohoe Noel 1.07m

Discus

W35
1 Newington, Dash 25.07m
2 Wessling, Sara 19.61m

W45
1 Johansen, Nicole 30.16m
2 Webber, Janet 22.39m
3 McCarron, Philippa 21.40m

W50
1 Mackie, Althea 26.39m
2 Jatyan, Sarita 19.96m
3 Manson, Andrea 16.75m

W55
1 Hardy, Jayne 25.98m
2 Duncan, Lesley 21.41m

W60
1 Cox, Pauline 22.25m
2 Gibbins, Sharon 21.38m
3 Messerle, Narelle 20.70m
4 McClintock, Karel 20.58m
5 Drury, Maria 17.87m

W65
1 Jill Taylor 20.54m
2 Quinn, Denise 15.98m

W70
1 van Bockel, Adriana 14.19m
2 Conroy, Doreen 12.22m
3 Kopitke, Rosmary 10.48m

M30
1 Carstairs, Shane 40.67m
2 Almond, Ash 29.49m

M40
1 Norwood, Darrin 40.23m

M45
1 Doel, Rene 30.33m
2 Van Baalen, Simon 29.78m
3 Clifford, Morgan 21.62m

M50
1 Harris, Richard 36.41m
2 Keen, Adrian 35.73m
3 Mullarvey, Michael 17.92m

M55
1 Lovell, Matthew 26.34m
2 Lowrey, Tim 25.12m

M60
1 Murray, Peter 34.25m
2 Clark, Robert 32.60m
3 Milne, John 32.39m
4 Lock, Phil 18.76m

M65
1 Lajos Joni 28.45m

M70

M70	
1 Tyer, Geoff	38.87m
2 Hook, Paul	28.13m
3 Haggith, David	25.68m

M75	
1 Green, Ray	24.71m

M80	
1 Quarterman, Guy	23.80m

M85	
1 Hancock, Thomas	24.62m

Hammer Throw

W30	
1 Carr, Bianca	37.43m

W35	
1 Newington, Dash	25.50m
2 Ramsden, Miranda	23.58m
3 Wessling, Sara	19.61m

W45	
1 Johansen, Nicole	32.87m
2 McCarron, Philippa	17.11m

W50	
1 Mackie, Althea	42.00m
2 Manson, Andrea	22.52m

W55	
1 Hardy, Jayne	36.58m
2 Duncan, Lesley	25.01m

W60	
1 Gibbins, Sharon	26.88m
2 Messerle, Narelle	22.81m
3 McClintock, Karel	22.75m
4 Drury, Maria	21.89m
5 Cox, Pauline	21.44m

W65	
1 Jill Taylor	27.12m
2 Quinn, Denise	16.37m

W70	
1 van Bockel, Adriana	16.59m
2 Conroy, Doreen	16.35m
3 Kopitke, Rosmary	12.84m

W75	
1 Birtwell, Lorraine	18.80m

M30	
1 Carstairs, Shane	34.99m
2 Almond, Ash	23.39m

M40	
1 Norwood, Darrin	41.14m

M45	
1 Van Baalen, Simon	36.98m
2 Doel, Rene	27.98m



3 Clifford, Morgan 23.23m

M50	
1 Keen, Adrian	40.16m
2 Harris, Richard	35.09m
3 Mullarvey, Michael	31.61m

M55	
1 Lovell, Matthew	31.79m
2 Lowrey, Tim	25.75m

M60	
1 Cumming, Mark	47.33m
2 Murray, Peter	33.85m
3 Clark, Robert	32.20m
4 Milne, John	29.21m
5 Lock, Phil	18.40m

M65	
1 Lajos Joni	32.54m

M70	
1 Haggith, David	26.06m
2 Lafferty, Mills	25.59m

M75	
1 Green, Ray	27.98m

M80	
1 Quarterman, Guy	29.52m

M85	
1 Hancock, Thomas	27.48m

Javelin

W30	
1 Carr, Bianca	31.83m



W35
1 Newington, Dash 17.36m

W45	
1 Webber, Janet	26.96
m 2 Johansen, Nicole	26.25m
3 McCarron, Philippa	18.02m



W50

1 Jatyan, Sarita	18.81m
2 Mackie, Althea	17.30m
3 Manson, Andrea	13.49m

W55

1 Hardy, Jayne	25.48m
2 Duncan, Lesley	20.04m

W60

1 Cox, Pauline	21.32m
2 McClintock, Karel	18.74m
3 Drury, Maria	17.69m
4 Messerle, Narelle	16.12m

W65

1 Quinn, Denise	18.10m
2 Jill Taylor	13.85m

W70

1 Kopitke, Rosmary	11.59m
2 van Bockel, Adriana	11.34m
3 Conroy, Doreen	11.10m

M30

1 Almond, Ash	53.07m
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M45

1 Doel, Rene	45.80m
2 Clifford, Morgan	29.55m
3 Van Baalen, Simon	28.64m

**M50**

1 Keen, Adrian	38.15m
2 Mullarvey, Michael	34.08m

M55

1 Lovell, Matthew	32.21m
2 Lowrey, Tim	22.08m

M60

1 Murray, Peter	34.35m
2 Milne, John	30.70m
3 Lock, Phil	16.71m

M70

1 Lafferty, Mills	20.89m
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M75

1 Appleton, John	25.33m
2 Davies, Brian	21.57m

M80

1 Quarterman, Guy	24.41m
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Shot Put**W30**

1 Carr, Bianca	10.20m
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W35

1 Ramsden, Miranda	9.48m
2 Newington, Dash	6.68m
3 Wessling, Sara	4.77m

W45

1 Johansen, Nicole	8.23m
2 McCarron, Philippa	7.78m
3 Webber, Janet	7.54m

W50

1 Mackie, Althea	8.60m
2 Jatyan, Sarita	6.53m
3 Manson, Andrea	4.99m

W55

1 Duncan, Lesley	8.20m
2 Hardy, Jayne	8.14m

W60

1 Cox, Pauline	8.16m
2 McClintock, Karel	8.02m
2 Messerle, Narelle	8.02m
4 Drury, Maria	7.38m

W65

1 Jill Taylor	7.53m
2 Quinn, Denise	6.22m

W70

1 Conroy, Doreen	5.60m
2 Kopitke, Rosmary	5.10m
3 van Bockel, Adriana	5.06m

W75

1 Birtwell, Lorraine	5.62m
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M30

1 Carstairs, Shane	14.16
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M40		
1 Norwood, Darrin	13.13m	

M45		
1 Van Baalen, Simon	10.68m	
2 Doel, Rene	10.59m	
2 Clifford, Morgan	10.59m	

M50		
1 Keen, Adrian	11.22m	
2 Harris, Richard	9.93m	

3 Mullarvey, Michael	7.98m
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M55		
1 Lowrey, Tim	9.93m	
2 Lovell, Matthew	9.02m	

M60		
1 Murray, Peter	10.04m	
2 Clark, Robert	9.44m	
3 Milne, John	9.19m	
3 Lock, Phil	6.54m	

M65
Joni, Lajos 9.84m

M70
1 Tyer, Geoff 11.18m
2 Hook, Paul 9.67m
3 Haggith, David 8.40m

M75
1 Green, Ray 7.59m

M80
1 Quarterman, Guy 9.51m

M85
1 Hancock, Thomas 8.57m

Weight Throw

W35
1 Newington, Dash 10.11m
2 Ramsden, Miranda 8.67m

W45
1 Johansen, Nicole 11.42m
2 Webber, Janet 6.89m

W50
1 Mackie, Althea 13.32m
2 Manson, Andrea 7.09m

W55
1 Hardy, Jayne 12.07m

W60
1 Cox, Pauline 11.77m
2 Gibbins, Sharon 11.15m
3 McClintock, Karel 9.96m
4 Messerle, Narelle 9.83m
5 Drury, Maria 9.74m

W65
1 Jill Taylor 12.66m

W70
1 van Bockel, Adriana 7.27m
2 Conroy, Doreen 6.50m
3 Kopitke, Rosmary 5.26m

W75
1 Birtwell, Lorraine 7.33m

M30
1 Carstairs, Shane 9.94m

M40
1 Norwood, Darrin 13.80m

M45
1 Van Baalen, Simon 12.19m
2 Doel, Rene 9.99m
2 Clifford, Morgan 9.14m

M50
1 Allan, David 16.09m
2 Keen, Adrian 15.17m
3 Harris, Richard 13.06m
4 Mullarvey, Michael 12.48m

M55
1 Lovell, Matthew 11.34m
2 Lowrey, Tim 9.47m

M60
1 Cumming, Mark 19.38m
2 Clark, Robert 15.90m
3 Milne, John 11.39m
4 Lock, Phil 5.59m

M65
Joni, Lajos 13.03m

M70
1 Lafferty, Mills 9.84m
2 Haggith, David 9.44m

M75
1 Davies, Brian 11.44m
2 Green, Ray 10.06m

M80
1 Quarterman, Guy 12.94m

Weight For Distance

W35
1 Newington, Dash 10.44m

W45
1 Johansen, Nicole 11.05m

W50
1 Mackie, Althea 15.39m

W55
1 Hardy, Jayne 12.05m

W60
1 Messerle, Narelle 11.38m
2 McClintock, Karel 9.11m

W65
1 Jill Taylor 15.92m

W70
1 van Bockel, Adriana 8.66m
2 Kopitke, Rosmary 5.95m

M30
1 Carstairs, Shane 16.52m
2 Almond, Ash 10.16m

M40
1 Norwood, Darrin 15.29m

M45
1 Clifford, Morgan 13.98m
2 Van Baalen, Simon 13.62m
3 Doel, Rene 13.18m

M50
1 Keen, Adrian 16.73m
2 Harris, Richard 15.04m

M55
1 Lowrey, Tim 12.71m
2 Lovell, Matthew 10.13m

M60
1 Cumming, Mark 14.34m
2 Clark, Robert 13.97m
3 Lock, Phil 8.59m

M65
Joni, Lajos 15.95m

M70
1 Haggith, David 10.85m

M75
1 Green, Ray 13.06m
2 Davies, Brian 10.47m

M80
1 Donohoe, Noel 10.79m



Super Weight

W30

1 Carr, Bianca 6.65m

W35

1 Newington, Dash 6.54m
2 Ramsden, Miranda 5.82m

W40

1 Champion, Megan 6.57m

W45

1 Johansen, Nicole 6.71m

W50

1 Mackie, Althea 9.82m

W55

1 Hardy, Jayne 7.41m

W60

1 Messerle, Narelle 7.16m
2 Gibbins, Sharon 7.15m

W70

1 Kopitke, Rosmary 3.41m

M30

1 Carstairs, Shane 6.73m
2 Almond, Ash 5.19m

M40

1 Norwood, Darrin 7.87m

M45

1 Van Baalen, Simon 8.44m
2 Doel, Rene 6.78m
3 Clifford, Morgan 6.18m

M50

1 Keen, Adrian 9.14m
2 Mullarvey, Michael 7.66m

M55

1 Lowrey, Tim 6.55m
2 Lovell, Matthew 6.13m

M60

1 Lock, Phil 3.50m

M65

1 Joni, Lajos 5.54m
2 O'Connor, Bruce. 4.80m

M70

1 Haggith, David 5.89m

M75

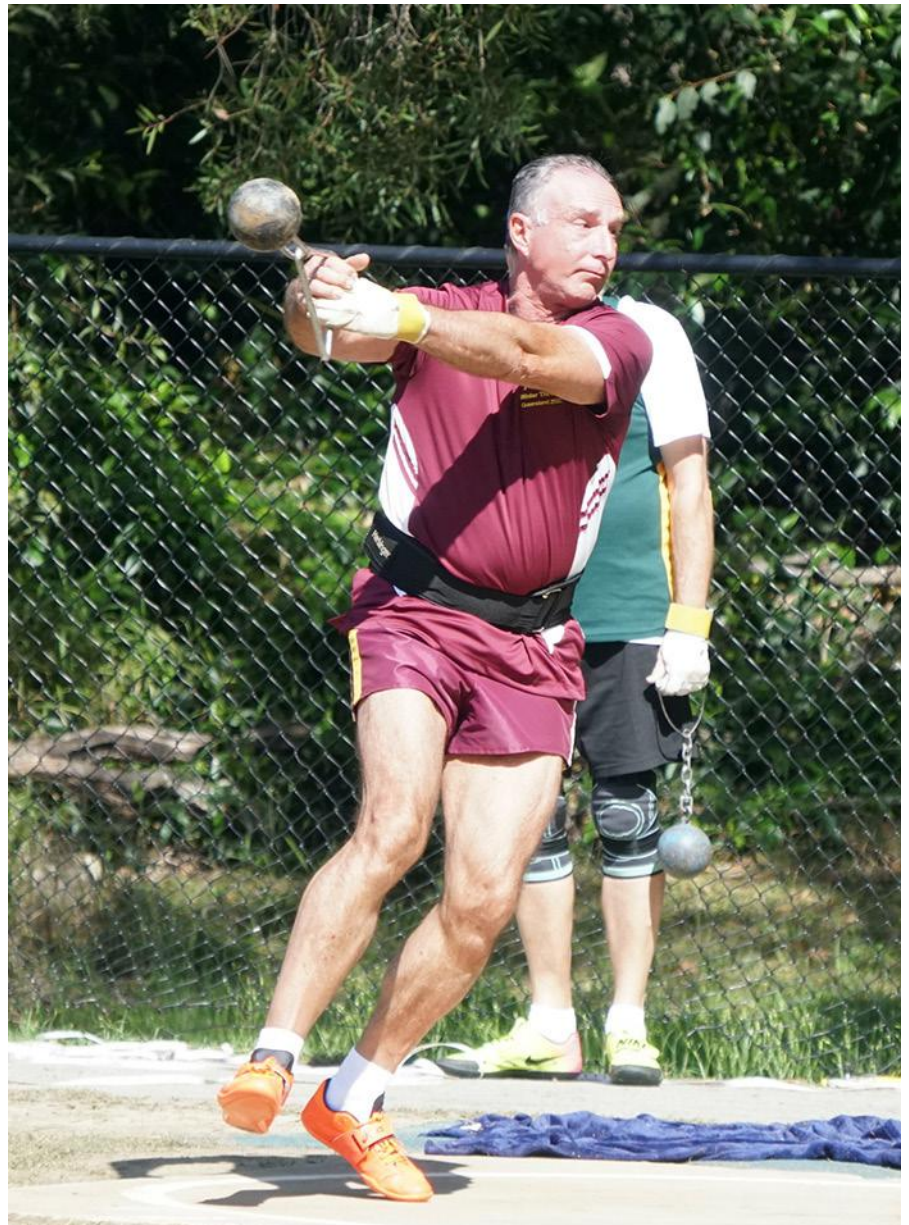
1 Davies, Brian 6.29m
2 Green, Ray 5.80m

M80

1 Quarterman, Guy 7.49m
2 Donohoe, Noel 5.65m

M85

1 Hancock, Thomas 5.56m





26th AMA Winter Throws Championships
State Athletics Facility, Brisbane
Day One Results - Womens Throws Pentathlon
Saturday, 1st October

W35

Name	4kg hammer		4kg shot		1kg discus		600gm javelin		9.080kg (20lbs) weight		Total	Place
Ramsden, Miranda	24.65	428	9.83	542	19.53	282	17.77	268	8.51	450	1970	1
Newington, Dash	23.78	408	6.49	317	23.20	352	18.17	276	9.71	529	1882	2

W40

Name	4kg hammer		4kg shot		1kg discus		600gm javelin		9.080kg (20lbs) weight		Total	Place
Champion, Megan	34.12	714	9.06	533	33.72	607	18.68	316	10.63	652	2822	1

W45

Name	4kg hammer		4kg shot		1kg discus		600gm javelin		9.080kg (20lbs) weight		Total	Place
Johansen, Nicole	32.92	752	8.64	550	30.52	592	27.58	560	10.99	753	3207	1

W50

Name	3kg hammer		3kg shot		1kg discus		500gm javelin		7.26kg (16lbs) weight		Total	Place
Mackie, Althea	41.70	1011	8.79	600	25.82	536	17.73	350	13.47	859	3356	1
Manson, Andrea	23.90	508	5.32	316	17.46	331	13.03	236	7.43	419	1810	2

W55

Name	3kg hammer		3kg shot		1kg discus		500gm javelin		7.26kg (16lbs) weight		Total	Place
Hardy, Jayne	38.88	1030	8.25	615	26.74	625	24.82	590	11.90	824	3684	1
Duncan, Lesley	24.65	590	8.43	631	21.46	480	20.62	474	7.83	499	2674	2

W60

Name	3kg hammer		3kg shot		1kg discus		500gm javelin		5.45kg (12lbs) weight		Total	Place
Cox, Pauline	25.79	702	8.64	725	20.66	519	18.36	469	10.06	626	3041	1
Gibbins, Sharon	28.61	797	7.05	567	19.88	495	12.85	302	11.69	748	2909	2
Messerle, Narelle	22.87	604	7.87	649	21.99	559	17.30	437	9.38	575	2824	3
Drury, Maria	DNS	0	7.78	640	17.87	435	18.18	463	8.81	533		

W65

Name	3kg hammer		3kg shot		1kg discus		500gm javelin		5.45kg (12lbs) weight		Total	Place
Taylor, Jill	32.40	1048	8.31	780	22.27	653	13.46	372	12.03	861	3714	1
Quinn, Denise	16.93	468	6.19	547	16.88	467	19.20	569	6.80	433	2484	2

W70

Name	3kg hammer		3kg shot		1kg discus		500gm javelin		5.45kg (12lbs) weight		Total	Place
van Bockel, Adriana	16.99	548	4.96	477	14.75	468	11.62	371	6.46	461	2325	1
Kopitke, Rosmary	12.47	362	5.14	499	11.39	339	10.60	331	5.03	334	1865	2

W75

Name	2kg hammer		2kg shot		0.75kg discus		400gm javelin		4kg weight		Total	Place
Birtwell, Lorraine	19.14	628	5.34	515	16.37	563	9.85	335	7.13	489	2530	1



26th AMA Winter Throws Championships
State Athletics Facility, Brisbane
Day One Results - Mens Throws Pentathlon
Saturday, 1st October

M30

Name	7.26kg hammer		7.26kg shot		2kg discus		800gm javelin		15.88kg (35lbs) weight		Total	Place
Carstairs, Shane	39.87	510	15.31	809	40.68	678	41.03	457	11.22	520	2974	1
Almond, Ash	19.79	189	8.33	386	27.30	412	48.74	570	8.44	365	1922	2

M40

Name	7.26kg hammer		7.26kg shot		2kg discus		800gm javelin		15.88kg (35lbs) weight		Total	Place
Norwood, Darrin	44.28	674	12.41	717	40.52	759	40.38	498	14.26	766	3414	1

M45

Name	7.26kg hammer		7.26kg shot		2kg discus		800gm javelin		15.88kg (35lbs) weight		Total	Place
Van Baalen, Simon	37.37	616	10.40	637	29.94	585	29.50	364	11.51	647	2849	1
Doel, Rene	30.94	485	10.43	639	29.47	574	45.20	632	9.51	515	2845	2
Clifford, Morgan	22.68	320	10.27	627	22.26	402	31.15	392	8.73	464	2205	3

M50

Name	6kg hammer		6kg shot		1.5kg discus		700gm javelin		11.34kg (25lbs) weight		Total	Place
Keen, Adrian	38.81	611	11.63	706	37.14	623	35.70	498	14.18	728	3166	1
Mullarvey, Michael	35.00	537	9.62	562	28.46	446	33.43	457	12.86	648	2650	2

M55

Name	6kg hammer		6kg shot		1.5kg discus		700gm javelin		11.34kg (25lbs) weight		Total	Place
Lovell, Matthew	34.28	595	8.70	549	28.95	507	35.19	546	12.92	706	2903	1
Lowrey, Tim	28.23	465	10.01	650	20.87	332	23.74	324	10.20	533	2304	2

M60

Name	5kg hammer		5kg shot		1kg discus		600gm javelin		9.08kg (20lbs) weight		Total	Place
Clark, Robert	30.26	505	8.93	554	32.65	558	25.96	395	15.90	825	2837	2
Milne, John	27.91	455	9.23	577	34.15	590	22.36	322	11.12	541	2485	3
Murray, Peter	27.54	447	11.09	719	35.77	624	35.78	597	11.62	571	2958	1
Lock, Phil	18.43	257	6.66	385	19.69	289	15.95	196	7.20	313	1440	4

M65

Name	5kg hammer		5kg shot		1kg discus		600gm javelin		9.08kg (20lbs) weight		Total	Place
O'Connor, Bruce	21.94	385	7.39	489	20.49	345	19.80	312	9.59	491	2022	1

M70

Name	4kg hammer		4kg shot		1kg discus		500gm javelin		7.26kg (16lbs) weight		Total	Place
Hagghith, David	29.11	549	8.84	565	26.35	537	17.22	284	8.97	465	2400	2
Hook, Paul	19.57	325	9.30	600	29.11	608	26.05	497	9.36	490	2520	1

M75

Name	4kg hammer		4kg shot		1kg discus		500gm javelin		7.26kg (16lbs) weight		Total	Place
Green, Ray	29.42	652	7.74	536	27.54	654	16.14	307	9.99	580	2729	1
Davies, Brian	25.01	532	6.88	463	20.64	456	21.27	446	10.74	632	2528	2

M80

Name	3kg hammer		3kg shot		1kg discus		400gm javelin		5.48kg (12lbs) weight		Total	Place
Quarterman, Guy	32.51	853	9.39	736	23.61	640	23.94	591	11.91	765	3585	1
Donohoe, Noel	18.15	412	5.59	391	15.23	368	9.77	168	7.77	459	1798	2

M85

Name	3kg hammer		3kg shot		1kg discus		400gm javelin		5.48kg (12lbs) weight		Total	Place
Hancock, Thomas	30.57	975	8.94	794	23.25	774	19.10	538	13.55	999	4080	1

Heavy Weights Pentathlon

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Competition:		AMA WINTER THROWS – BRISBANE				3 rd October 2022				Instructions						
Competitor	Origin	Age Grp	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Total score	Position	Age Grp	
		W30-W49	5.45kg (12lb)	7.26kg (16lb)	9.08kg (20lb)	11.34kg (25lb)	15.88kg (35lb)	20kg (44lb)	25.4kg (56lb)	30kg (66lb)	35kg (77lb)	40kg (88lb)	45kg (100lb)			
Blanca Carr	QMA	W30-34	13.81	479	12.45	514	10.68	534	8.91	533	6.44	450	2510	1	W30	
Miranda Ramsden	QMA	W35-39	11.20	415	10.00	439	8.85	472	7.42	453	5.75	435	2214	2	W35	
Dash Newington	QMA	W35-39	13.45	516	10.18	448	7.99	415	8.09	506	6.37	500	2385	1	W35	
Megan Champion	VMA	W40-44	15.22	654	12.38	624	9.73	586	9.70	700	6.08	594	3158	1	W40	
Nicole Johansen	VMA	W45-49	14.38	679	12.19	685	11.01	755	8.86	696	6.49	641	3456	1	W45	
		W50-W55	4kg (8.8lb)	5.45kg (12lb)	7.26kg (16lb)	9.08kg (20lb)	11.34kg (25lb)	15.88kg (35lb)	20kg (44lb)	25.4kg (56lb)	30kg (66lb)	35kg (77lb)	40kg (88lb)			
Althea Mackie	QMA	W50-54	17.94	774	14.98	752	12.71	803	11.16	868	9.34	861	4058	1	W50	
Jayne Hardy	ACTMA	W55-59	15.99	752	13.53	764	11.80	816	9.44	788	7.38	717	3837	1	W55	
		W60-W74	3kg (6.6lb)	4kg (8.8lb)	5.45kg (12lb)	7.26kg (16lb)	9.08kg (20lb)	11.34kg (25lb)	15.88kg (35lb)	20kg (44lb)	25.4kg (56lb)	30kg (66lb)	35kg (77lb)			
Sharon Gibbins	ACTMA	W60-64	11.62	505	0.00	0	8.88	524	7.42	525	6.34	563	2117	3	W60	
Pauline Cox	NSWMA	W60-64	15.44	702	13.75	687	11.81	758	9.34	699	8.09	768	3614	1	W60	
Narelle Messerle	VMA	W60-64	12.86	588	10.51	501	8.03	476	7.19	505	6.88	627	2867	2	W60	
Jill Taylor	NSWMA	W65-69	15.55	765	15.32	886	11.66	830	9.47	812	7.40	769	4082	1	W65	
Adriana van Bockel	NSWMA	W70-74	8.96	480	7.74	460	6.34	450	4.79	391	4.77	499	2280	1	W70	
Rosemary Kopitike	QMA	W70-74	5.77	280	5.36	290	4.56	293	3.70	273	3.47	318	1454	2	W70	
		W75-W100+	2kg (4.4lb)	3kg (6.6lb)	4kg (8.8lb)	5.45kg (12lb)	7.26kg (16lb)	9.08kg (20lb)	11.34kg (25lb)	15.88kg (35lb)	20kg (44lb)	25.4kg (56lb)	30kg (66lb)			
Lorraine Birtwell	QMA	W75-79	9.41	479	7.79	425	7.07	485	6.49	565	5.25	542	2496	1	W75	

Competitor	Origin	Age Grp	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Distance	Score	Total score	Position	Age Grp
		M30-M49	9.08kg (20lb)	11.34kg (25lb)	15.88kg (35lb)	20kg (44lb)	25.4kg (56lb)	30kg (66lb)	35kg (77lb)	40kg (88lb)	45kg (100lb)	50kg (110lb)			
Shane Carstairs	VMA	M30-34	14.22	482	12.76	485	10.54	482	8.97	572	6.74	516	2537	1	M30
Darrin Norwood	QMA	M40-44	19.00	744	17.35	768	13.40	712	9.35	669	7.47	663	3556	1	M40
Simon Van Baalen	VMA	M45-49	17.66	743	15.56	735	12.31	701	9.94	787	7.13	684	3650	1	M45
Rene Doel	QMA	M45-49	15.53	641	12.55	573	9.30	501	8.04	607	6.03	549	2871	2	M45
Morgan Clifford	NSWMA	M45-49	12.73	510	10.55	467	8.36	440	6.98	507	4.88	410	2334	3	M45
		M50-M59	7.26kg (16lb)	9.08kg (20lb)	11.34kg (25lb)	15.88kg (35lb)	20kg (44lb)	25.4kg (56lb)	30kg (66lb)	35kg (77lb)	40kg (88lb)	45kg (100lb)			
Adrian Keen	QMA	M50-54	14.76	534	16.36	704	14.52	748	9.95	595	8.19	673	3254	1	M50
Michael Mullarvey	TMA	M50-54	16.09	590	13.70	573	11.94	594	9.26	545	7.33	583	2885	2	M50
Tim Lowrey	QMA	M55-59	12.15	459	11.61	507	9.80	508	8.08	500	6.35	527	2501	2	M55
Mathew Lovell	SAMA	M55-59	15.30	602	13.73	618	10.78	570	8.55	537	6.25	516	2843	1	M55
		M60-M69	5.45kg (12lb)	7.26kg (16lb)	9.08kg (20lb)	11.34kg (25lb)	15.88kg (35lb)	20kg (44lb)	25.4kg (56lb)	30kg (66lb)	35kg (77lb)	40kg (88lb)			
Mark Cumming	QMA	M60-64	21.65	821	21.47	917	18.58	987	15.60	952	12.35	921	4598	1	M60
Robert Clark	NSWMA	M60-64	19.51	730	16.80	694	14.95	788	12.28	719	9.65	682	3593	2	M60
Phil Lock	QMA	M60-64	8.88	287	7.54	263	6.22	258	5.59	261	4.23	219	1288	3	M60
Lajos Joni	QMA	M65-69	13.95	536	13.07	583	13.78	756	11.36	722	8.78	660	3257	1	M65
Bruce Oconnor	QMA	M65-69	12.33	484	11.24	487	10.11	524	8.16	482	5.95	399	2356	2	M65
		M70-M79	4kg (8.8lb)	5.45kg (12lb)	7.26kg (16lb)	9.08kg (20lb)	11.34kg (25lb)	15.88kg (35lb)	20kg (44lb)	25.4kg (56lb)	30kg (66lb)	35kg (77lb)			
David Haaght	QMA	M70-74	14.12	589	11.91	523	10.36	554	8.33	479	5.93	384	2499	1	M70
Paul Hook	SAMA	M70-74	13.59	534	11.63	508	9.51	500	8.34	480	6.94	473	2495	2	M70
Ray Green	ACTMA	M75-79	14.20	630	11.80	621	9.82	568	7.39	493	6.66	526	2638	2	M75
Brian Davies	QMA	M75-79	16.04	724	13.67	737	11.56	689	9.34	658	7.77	640	3448	1	M75
		M80-M100+	3kg (6.6lb)	4kg (8.8lb)	5.45kg (12lb)	7.26kg (16lb)	9.08kg (20lb)	11.34kg (25lb)	15.88kg (35lb)	20kg (44lb)	25.4kg (56lb)	30kg (66lb)			
Noel Donohoe	NSWMA	M80-84	10.29	464	9.00	429	6.67	380	6.01	381	6.18	485	2139	2	M80
Guy Quarterman	QMA	M80-84	15.67	755	13.53	691	11.97	770	8.94	626	8.24	696	3538	1	M80
Tom Hancock	VMA	M85-90	11.48	594	13.09	768	11.81	854	7.45	598	5.48	504	3318	1	M85



